

PRAYER GUIDE INTRODUCTION

Jesus taught us to pray through the model of The Lord's Prayer. He invites us to build a secret place where we create and operate in rhythms of prayer for the rest of our lives. Prayer is active connection and dialogue with our Creator, an important practice for our growth and well-being in Christ.

We have created a guide to assist you in your prayer journey with God. The guide is broken up into the five aspects of the Lord's Prayer: Adoration, Intercession, Supplication, Repentance and Forgiveness, and Protection. Each section has related Scriptures available to get you started. We encourage you to read the surrounding verses to gain greater context and understanding.

If you find yourself unsure of what to pray, Scripture makes great prayer! Pray them out loud; speak them over yourself and others. Each section also has questions to ponder or exercises to enact that can spark greater connection to the prayer focus.

While you can pray anytime during the day, try to designate a specific time in a quiet place where you can be alone with God. Grab your Bible and a journal so that you can record anything God wants to share with you. You may want to write out detailed prayers to see how and when God responds. To find stillness, take in a few deep breaths or sit straight in a comfortable place. Most importantly, welcome the Holy Spirit to engage with and lead you.

Prayer is a powerful spiritual discipline that connects us to God and strengthens our lives!

ADORATION AND THANKSGIVING

Summary

So He said to them, "When you pray, say: our Father in heaven, hallowed (holy) be Your name." -Luke 11:2

Our prayer life begins with "Thanksgiving & Praise" for who God is and all that He has done. We minister to the Lord by ascribing worth and declaring our devotion to Him alone. A prayer of adoration expresses God's beauty and holiness. We focus our full attention on Him, expressing our love and magnifying Him as King of Kings.

Gratitude is the quality of expressing appreciation and kindness to God. In gratitude we remind ourselves God is rich in love and always takes care of us.

As you pray, meditate on His Word, journal what God is saying to you, and how He might want you to respond.

Scripture

Psalm 107:1: "Oh give thanks to the Lord, for He is good, for His steadfast love endures forever!"

Psalm 7:17: "I will give to the Lord the thanks due to His righteousness, and I will sing praise to the name of the Lord, the Most High."

1 Thessalonians 5:18: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

Psalm 28:7: "The Lord is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to Him."

1 Chronicles 16:8-9: "Give praise to the Lord, proclaim His name; make known among the nations what He has done. Sing to Him, sing praise to Him; tell of all His wonderful acts."

James 1:17: "Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."

Psalm 100: “Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs. Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture. Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the Lord is good and His love endures forever; His faithfulness continues through all generations.”

Colossians 3:15: “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

Questions and Prompts

Find a sheet of paper and secure it to the fridge. Whenever you or your family notices something throughout the day you are thankful for, write it down and put a number next to it. See how many things you can record, and at the end of the week read over them with gratitude.

Write things you are thankful for on pieces of paper, or write specific things you are thankful for about family members. Place these in a jar or bowl at your dinner table. As a family, pick out one or two at each meal and give thanks to God for the thing or person.

What are some attributes of God that fill your heart with worship and gratitude today?

Invite God to teach you about gratitude. Why does He value it? How does God practice gratitude? Ask Him to teach you.

Reflect on how you have experienced God’s love and faithfulness this year, month, week, and today. Journal these moments in time and thank Him for His continual pursuit of your heart.

How does expressing gratitude influence your mood, your relationships, your day?

Your heritage and family history are beautiful to God. Take time to reflect on the family God has given you: uncles and aunts, cousins, grandparents, siblings, and parents. Remember special memories you’ve had with them and give God thanks.

You are fearfully and wonderfully made. Take time to journal God's thoughts about you: your physical form, personality, the way you think, your gifting. Thank Him for surprising you with His perspective and delight over you.

Practice wonder: visit a park, botanical garden, or art gallery. Find a spot and enjoy the scene or art piece before you. Draw what you see, take a picture, or write a response to what God is saying through the scene or art piece.

Grab a pack of thank you cards, or if you feel extra adventurous, make your own. Write your appreciation and gratitude to specific people in your life. Let it be a surprise.

Spend a few minutes focusing on your five senses. What are your eyes seeing? What is your body feeling? What can your ears hear? Does your nose recognize any smells? What have you tasted recently? What kind of emotions, memories, thoughts do they bring up?

Write about a recent time you felt deeply supported, loved, and understood, and how you can reciprocate that deep support and understanding for someone else.

Write about challenges you have faced or lessons you have learned that led to personal growth, making you more grateful, compassionate, or wise.

Record a miracle you have experienced recently. Thank God for the way He worked and moved in the situation.

Record a time when you felt really grounded and at peace. What did it feel like in your body and mind? How can you facilitate peace more often in your home and daily life? What does it look like to invite others into peace?

INTERCESSION

Summary

“Your kingdom come. Your will be done. On earth as it is in heaven.” -Luke 11:2

Intercession is the practice of praying on behalf of others to God, asking for His intervention, favor, help, and blessing. These prayers are grounded in compassion; we learn to walk with others in their celebrations, sufferings, and needs. As Jesus is interceding for us at the right hand of the Father, we imitate Him by being advocates for those around us.

In our intercession, we lift up the lost, our neighbors and family, local and global ministries, the Body of Christ, Israel and the nations, the Next Generation, communities affected by natural disasters, and any other people or groups that God highlights.

As you pray, meditate on His Word, journal what God is saying to you, and how He might want you to respond.

Scripture

Exodus 32:11: “But Moses sought the favor of the LORD his God. ‘LORD,’ he said, ‘why should your anger burn against your people, whom you brought out of Egypt with great power and a mighty hand?’”

Romans 8:34: “Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.”

Hebrews 7:25: “Therefore He is able to save completely those who come to God through Him, because He always lives to intercede for them.”

Romans 10:1: “Brothers and sisters, my heart’s desire and prayer to God for the Israelites is that they may be saved.”

Ephesians 1:16-17: “I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better.”

Genesis 18:23-24: “Then Abraham approached Him and said: ‘Will you sweep away the righteous with the wicked? What if there are fifty righteous people in the city? Will you really sweep it away and not spare the place for the sake of the fifty righteous people in it?’”

Daniel 9:17: “Now, our God, hear the prayers and petitions of your servant. For your sake, LORD, look with favor on your desolate sanctuary.”

1 Timothy 2:1-2: “I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”

Luke 22:32: “But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.”

Exodus 34:6: “And He passed in front of Moses, proclaiming, ‘The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.’”

Psalms 103:13-14: “As a father has compassion on his children, so the Lord has compassion on those who fear Him; for He knows how we are formed, He remembers that we are dust.”

Matthew 9:36: “When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”

Luke 15:20: “So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.”

Questions and Prompts

Hope Church supports local and global ministries. Take time to pray for these ministries and families, which you can find on our website:

<https://hopesc.org/outreach>

What is your involvement level in these specific areas of intercession (i.e., Israel, Global Missions, the Church, Next Generation, family or people you know that have a need)? How might God be inviting you to engage with compassion in new ways for these areas?

What specific needs or areas of breakthrough does your family need right now from God? Consider writing these in your journal as specific as possible with dates and check boxes so that you can see when God answers.

As you intercede for someone, pray against false belief systems and strongholds within the person's mind. Welcome the Life-giving and redeeming Spirit of God to restore them.

A compassionate heart is key to intercession. As you intercede, take time to learn and understand the person or organization you are lifting to God. Let the discovery and learning process be part of your intercession. You may gain insight that allows you to see more clearly and gain more language for prayer.

Find someone in your day and pray for them on the spot; it can be in person or over the phone.

Spend time reflecting on the love of God, and how nothing can separate us from His love. Write down a time where you were overwhelmed with God's love. Let this reflection stir up the way you intercede for people who have turned away from God.

Practice awareness: How are your daily actions, words, and thoughts enhancing or hindering the spirit of intercession and your partnership with the Holy Spirit?

Don't get discouraged if you don't see immediate results. Intercession can be a long game. Take time to reflect and journal your journey of intercession, and how He has matured and softened you.

Ask God to give you His perspective for the person or organization you are interceding for. What does Jesus see? What is He praying? Ask Him to teach you His prayer.

SUPPLICATION

Summary

“Give us day by day our daily bread.” -Luke 11:3

Supplication is the action of asking for something earnestly or humbly. With this prayer we communicate deep personal needs and desires, crying out to God to answer us with His favor, guidance, and provision. We confess God alone can help and satisfy us. These needs could be healing, strength, wisdom, or mercy in a particular area.

As you pray, meditate on His Word, journal what God is saying to you, and how He might want you to respond.

Scripture

Luke 18:7-8: “And will not God bring about justice for His chosen ones, who cry out to Him day and night? Will He keep putting them off? I tell you, He will see that they get justice, and quickly...”

Psalms 130:1-2: “Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy.”

Hebrews 4:16: “Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.”

Matthew 7:7-8: “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

Romans 8:26-28: “In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God. And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

Jeremiah 33:2-3: “Thus says the Lord who made the earth, the Lord who formed it to establish it, the Lord is His name, ‘Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.’”

Matthew 26:41-42: “‘Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.’ He went away again a second time and prayed, saying, ‘My Father, if this cannot pass away unless I drink it, Your will be done.’”

Psalms 145:17-19: “The Lord is righteous in all His ways and kind in all His deeds. The Lord is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him; He will also hear their cry and will save them.”

Philippians 4:6-8 - “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”

Philippians 4:19-20: “And my God will supply all your needs according to His riches in glory in Christ Jesus. Now to our God and Father be the glory forever and ever. Amen.”

Matthew 6:25-26: “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”

Ephesians 3:20-21: “Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.”

Psalms 37:4-5: “Delight yourself in the Lord; and He will give you the desires of your heart. Commit your way to the Lord, trust also in Him, and He will do it.”

James 1:17: “Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.”

Hebrews 13:5: “Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I will never desert you, nor will I ever forsake you,’”

John 6:27: “Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal.”

Philippians 1:6: “For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.”

Psalms 23:1: “The Lord is my Shepherd; I shall not want.”

Questions and Prompts

It's natural to want a need to be filled quickly, but God isn't anxious or going to answer late. Our need is the space where we encounter God's engaged presence and provision. Journal your honest experience with this need. What does it feel like? What are the risks and fears? What characteristics of God are required to care for this need?

If you had the opportunity to make a petition to the President of the United States, you would write a formal request with specific and clear details of your need and how you wish for it to be met. Write out your needs to the Lord as specific as you can (how much, when, who, etc.). Put a check box beside it so that when God answers the request, you can check it off with the date.

Take time to ask God what He thinks about your area of need. What is His perspective?

Reflect on the names of God. Find the one or few that resonate with your current need and let His name be your food to chew on as you wait for His answer. Declare out loud to your soul that He is your salvation and satisfaction.

Breathing practice: Take two deep breaths. In, out. In, out. On your third inhale, hold your breath and don't let it out. Hold it for as long as you can. Exhale when you can't hold it any longer. Take a few more deep breaths. With one breath pray, “God I need you,” a second, “God I trust you,” and a third, “You will provide.”

Take inventory of your needs and the areas needing growth: spiritually, mentally, emotionally, physically, relationally. How do they fit together? How do they affect each other? For example, if you are physically exhausted, what happens to the other areas?

What does a healthy and well-balanced you look like to God?

Pick a need you have taken to God and invite God to point out someone who has wisdom in that area, from whom you can learn. It could be a person you trust, a book by a regarded author, or a speaker on a podcast.

Find one way you can be spontaneously generous to someone today. Let your act of kindness be an offering of faith to God, knowing He will meet your own needs.

Water an indoor or outdoor plant. As you do, let the plant teach you about God's intentional care. Give God your needs as if you were the plant He was watering.

REPENTANCE AND FORGIVENESS

Summary

“And forgive us our sins, for we also forgive everyone who is indebted to us.”
-Luke 11:4

Repentance expresses sincere remorse for wrongdoing and intentionally turns the opposite way. When we repent to God, we ask Him to search our hearts and reveal any places where we have sinned, areas that are causing us harm, or any roots of un-forgiveness or bitterness we may be carrying toward others. God will reveal the direction and change that we are to take.

The practice of forgiveness cancels the debt of someone who has wronged us, or harm we have done to ourselves. As God has forgiven us, we forgive others. We welcome His forgiveness over our lives and release forgiveness toward those who have wronged us. Prayers of repentance and forgiveness are healing, releasing freedom!

Repenting and forgiving is not about trying to uncover everything. God will bring to mind anything that is important for the present. His kindness leads us to repentance.

As you pray, meditate on His Word, journal what God is saying to you, and how He might want you to respond.

Scripture

Acts 3:19-20: “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, and that he may send the Messiah, who has been appointed for you—even Jesus.”

1 John 1:8-9: “If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

2 Chronicles 7:14-16: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place. I have chosen and consecrated this temple so that my Name may be there

Mark 1:15: “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

Luke 15:7: “Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.”

2 Timothy 2:24-25: “The Lord’s bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth.”

2 Corinthians 7:10: “For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.”

Colossians 3:12-13: “So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.”

Mark 11:24-25: “Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you. Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions.”

Ephesians 1:7-8: “In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace which He lavished on us.”

Psalms 103:8-13: “The Lord is compassionate and gracious, slow to anger and abounding in lovingkindness. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us. Just as a father has compassion on his children, so the Lord has compassion on those who fear Him.”

Psalms 51: 1-2: “Be gracious to me, O God, according to Your lovingkindness; according to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin.”

Psalm 32:1-2: “How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit!”

Psalm 139:23-24: “Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”

Questions and Prompts

Where have you seen or felt God today? Where have you not seen or felt God today?

Where did you show up fully today? How did that serve you? Where did you hold back or show up untrue today? How did that impact you?

As you lay in bed, give your accomplishments and tasks to God. Release the tension from the day. Exhale and say, “God, I give you myself and my day.” Inhale and say, “Holy Spirit, come fill me and minister to me tonight.”

Isaiah 61:3 says that God will give us beauty instead of ashes, oil of joy instead of mourning, a garment of praise instead of a spirit of fainting. Take some time to make exchanges with God. For example, “I exchange my weariness with your rest,” or, “I exchange my fear for your love and trust.”

Is there a false belief system or limiting mindset God is bringing to mind? Take time to honestly journal how it makes you feel, how it affects your actions, and then repent for partnering with that mindset by breaking agreement with it. Invite God to speak and reveal the true mindset and beliefs that He wants you to carry, and how His truth practically works in your life.

Invite God to speak His truth over you. Write one that is about Him. For example: “God is a good Father.” Write one about yourself, like, “I am powerful in Christ.” Find a unique way to plant these in your heart throughout the day. For example: Write them on sticky notes and put them around your house, set an alarm on your phone with these words, or say them to yourself each time you drink something.

What fruit of repentance do you desire to see increased in your life? Maybe it’s to grow in grace, patience, humility, or greater love for God.

Meditate on forgiveness. What does it look and feel like to give it to someone who has offended you? To receive it for yourself?

We have been given power to speak life or death over our situations, others, and ourselves. Invite the Father: "How do You want me to respond in kindness and forgiveness today that brings healing and life?"

What does it mean to be slow to anger? Take time to reflect on how God is slow to anger and abounding in love. Invite Him to teach and grow your ability to respond with love rather than react in anger.

On one sheet of paper, write out any sin or pain you've caused that the Lord brings to mind. On another sheet write any pain you've experienced by someone else. Make a bonfire and throw these in the fire. Welcome the consuming fire of God's love that heals your whole being as you forgive yourself and the other person. If you can, do this with friends or family you trust and have s'mores to celebrate His healing.

Ask a friend you trust to give you feedback: where is an area of strength you excel in, and where is an area that needs improvement? Welcome their ability to see from a different perspective and know they want your best. Take their feedback to God and invite His specific guidance on how to steward these areas.

As a symbol of repentance, practice bringing order and caring intentionally for your home. Go through a space in your house and clean out the clutter. How does bringing order and tidiness to your home relate to the work of the Holy Spirit in your life?

Who is one person that you consider an enemy or someone you'd rather not be around? How does that perspective impact your walk with Christ? Take time to ask God for practical ways He desires you to view and act toward this person.

PROTECTION (SPIRITUAL WARFARE)

Summary

“And do not lead us into temptation, but deliver us from the evil one.” -Luke 11:4

Prayers of protection are requests for safety and declarations that “no weapon formed against you [or your family] will be able to prosper” in Jesus’ name. We remember God’s promises of His protection in our lives and focus on spiritual, physical, mental, and emotional protection. Prayer is a weapon we use to engage in spiritual warfare by declaring God’s authority, binding and rebuking evil spirits, and claiming victory through the blood of Jesus.

As you pray, meditate on His Word, journal what God is saying to you, and how He might want you to respond.

Scripture

Psalm 91:1-4: “He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, ‘My refuge and my fortress, my God, in whom I trust!’ For it is He who delivers you from the snare of the trapper and from the deadly pestilence. He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark.”

John 10:10: “The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.”

Psalm 121:7-8: “The Lord will protect you from all evil; He will keep your soul. The Lord will guard your going out and your coming in from this time forth and forever.”

Ephesians 6:12: “For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.”

2 Corinthians 10:4-6: “For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, and we are ready to punish all disobedience, whenever your obedience is complete.”

James 4:7-8: "Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you."

Luke 10:19: "Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you."

Isaiah 54:17: "'No weapon that is formed against you will prosper; and every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the Lord, and their vindication is from Me,' declares the Lord."

Psalms 84:11: "For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly."

Psalms 46:1-3: "God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea; though its waters roar and foam, though the mountains quake at its swelling pride."

Deuteronomy 31:7-8: "Then Moses called to Joshua and said to him in the sight of all Israel, 'Be strong and courageous, for you shall go with this people into the land which the Lord has sworn to their fathers to give them, and you shall give it to them as an inheritance. The Lord is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear or be dismayed.'"

Psalms 34:7-8: "The angel of the Lord encamps around those who fear Him, and rescues them. O taste and see that the Lord is good; how blessed is the man who takes refuge in Him!"

Psalms 32:7: "You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance."

1 Corinthians 10:13-14: "No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. Therefore, my beloved, flee from idolatry."

Isaiah 41:10: "Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand."

Proverbs 4:6: "Do not forsake wisdom, and she will protect you; love her, and she will watch over you."

Psalm 5:11: “But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.”

1 Thessalonians 5:23-24: “May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and He will do it.”

Questions and Prompts

Having a trusted friend beside you as you engage in spiritual warfare can be powerful. Take time to cover each other in prayer and let it strengthen and fill you with courage.

What does it mean to find shelter in the covering of Almighty God’s wings, and how do you experience His covering?

Practice putting on the armor of God in the morning before heading out the door. How does each piece of His armor protect you throughout the day?

Visualize yourself walking through a waterfall of the blood of Jesus. See how it covers your past. Meditate on His sacrifice for you: Today is pure and full of His grace.

Take time to surrender your humanity to God. Ask for His humility, awareness, and the ability to live by the Spirit rather than the flesh.

Where have you felt temptation recently? Invite God to reveal the need you had and how it was truly made to be filled. Allow God to equip you with His overcoming and empowering truth.

Plan a time to watch the sunrise. Soak up the light and let the energy of God fill you with His power, love, and a sound mind.

Where have you noticed insecurity or a lack of confidence in your life that you can surrender to the Lord? Ask God for a confident identity in Him. Take time to pray for loved ones in this way.

How do you engage with the Holy Spirit? What does your relationship with Him throughout the day look like? How would He handle the situations you face during the day? Journal your relationship with Him and His desire to partner with you during the day.

How do songs of praise serve as a weapon for you in spiritual warfare? How do they shift the atmosphere in your daily life? Spend time singing with worship music at home. Let your singing be your warfare that declares the victory and protection of God.

How do we persevere as followers of Jesus? How does Jesus persevere in His life? What does perseverance produce that can stir up faith and courage in your heart?

A simple but powerful way to pray is to pray in the name of Jesus. Speak out Who He is. His name is above every other name. What makes the name and person of Jesus so powerful? What do you experience when declaring His name and presence?